

# Pumpkin pie



Pumpkin pie

for a mid-size tray, for a big one dubbel the quantities

## For the dough:

150 g margarine (see recipe [here](#))

500 g flour

1  $\frac{1}{2}$  small cup raw sugar

1 small cup soy milk

15 g baking powder

## For the filling:

1.5 kg pumpkin

1 small cup raw sugar

1 tablespoon oil

Mix the margarine with the soy milk and the sugar. When the sugar has melted add the baking powder and sprinkle the flour, little by little until incorporates into the composition. Grease your hands with a little bit of oil (and if needed also the dough) and knead slightly. Refrigerate until you prepare the filling.



Dough

Peel the pumpkin and grate. Heat the oil in a big saucepan, add the grated pumpkin and the sugar. Cook until is softened (about 10 minutes). Allow to cool slightly.



Pumpkin filling

Divide the dough into two equal parts and roll them to the size of the tray. Place one sheet of dough in the tray, add pumpkin filling and spread evenly, place the other dough sheet on top. Prick the dough with a fork / toothpick and bake at medium heat for 30-40 minutes.

Serve warm or cold.

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# Plum dumplings



Plum dumplings

## For 12-15 dumplings:

12-15 medium size plums

1/2 kg potatoes

150 g flour

1 tablespoon oil

3 tablespoons raw sugar

pinch of salt

1 cup breadcrumbs

2 tablespoons raw sugar

Cook the potatoes, drain and mash.

Allow to cool then add the flour, oil, sugar and salt. Mix until you obtain a soft dough.

Make a roll of the dough approx. 5 cm. thick. Cut into 12-15 pieces of approx. 1.5-2 cm.



Plum dumplings

Wash the plums, remove the pits and eventually fill each plum with a little bit of sugar (only if de plums are sour).

Take a piece of dough, stretch it between your hands, place the plum in the middle, seal the edges and form balls.



Plum dumplings

In a souppan bring 3 l water with a pinch of salt, to boil. Carefully drop each dumpling into the boiling water. Cook on low heat for about 15 minutes (when ready they will rise to the surface).

In a saucepan brown the breadcrumbs stirring continuously. Allow to cool then add the raw sugar and mix.

Drain the dumplings well then roll them in the mix of breadcrumbs with sugar until covered.



Plum dumplings

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## Panna cotta



Panna cotta

### For 4 servings:

500 ml of the soy milk (or any vegetable milk)  
4 tablespoons raw sugar  
approx. 5 cm vanilla stick (or 2 teaspoons vanilla essence)  
150 g raspberries  
1 1/2 teaspoon agar-agar

Dissolve the agar-agar in a tablespoon of soy milk.

Boil the rest of the soy milk together with 3 tablespoons of sugar (if you want it sweeter you can add 4 tablespoons of

sugar) and vanilla (collected from inside the stick). Cook for 3 minutes then add the agar-agar and continue cooking for another 2 minutes. Set aside and allow to cool a little bit.

Separately blend the raspberries and a tablespoon of sugar, until you get a sauce. Add the sauce in a form (glass, cup) and pour the panna cotta gently over the sauce.

Allow to cool in the refrigerator for at least an hour.

*Variation:* Instead of raspberries you can use other fruits: strawberries, blueberries, etc.

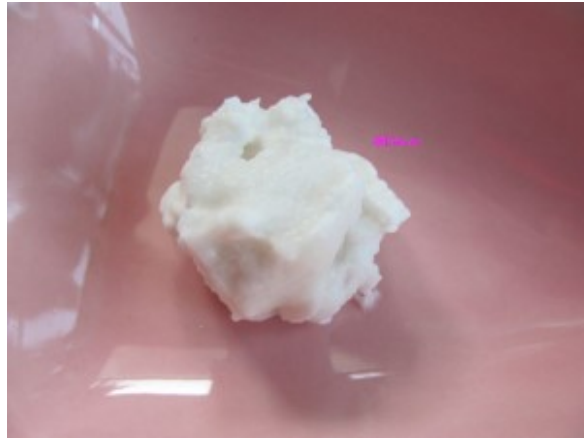
A simple dessert, delicious and rich in protein, vitamins and minerals.



Panna cotta

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## **Vegan whipped cream**



Vegan whipped cream

1 tin coconut milk

2-3 tablespoons raw sugar

1 teaspoon vanilla essence

1 teaspoon locust bean gum (optional)

Let the coconut milk tin in the refrigerator for several hours (or overnight).

Put in a bowl only the white, solid part of the coconut milk, add the sugar, the locust bean gum and the vanilla essence and blend (with a mixer) until the sugar has dissolved and it becomes frothy (do not blend too long otherwise you'll get coconut butter).

The cream can be kept in the fridge up to 2 days.

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## Chocolate vegan cake



Chocolate vegan cake

### **For the leaf:**

3 cups flour  
1  $\frac{1}{2}$  cup raw sugar  
 $\frac{1}{2}$  cup cocoa  
1 teaspoon of salt  
2 teaspoons baking powder  
3 tsp vanilla essence  
150 ml sunflower oil  
2 tablespoons vinegar  
2 cups cold water

Mix the oil, water and sugar. Whisk until the sugar dissolves. Add the rest of the ingredients and mix everything thoroughly. The composition should have the consistency of the cream otherwise add a little bit more water/flour if necessary.

Pour it into the baking springform and bake, in the preheated oven, at meddium heat, for approx . 30-40 minutes. Check with a straw if it's baked inside.

Allow to cool, remove from the springform and cut horizontally into two equal parts.

### **Syrup:**

$\frac{1}{2}$  cup amaretto (or any other liqueur cake )  
1 tablespoon raw sugar



Dissolve the sugar in the amaretto .

### **Chocolate Cream:**

4 ripe avocados  
6-7 tablespoons maple syrup  
1 teaspoon vanilla extract  
4 tablespoons melted coconut butter  
100 g raisins  
2-3 tablespoons amaretto

Soak the raisins in the amaretto for at least one hour. Drain and use the amaretto for the syrup.

Blend all the ingredients with a food processor/blender until a fine paste is obtained. Divide the cream into two equal parts. In one part add the raisins.

### **For garnish:**

vegan chocolate  
raspberries

Place one piece of leaf on a platter. Add half of the syrup, spread evenly till soaked, add the cream which contain raisins and spread evenly. Place the second leaf above, add the rest of the syrup till soaked and than add the remaining chocolate cream. Spread evenly, including the sides.

Garnish with grated vegan chocolate and raspberries. Refrigerate before serving.